

CCC Media Advisory

California Conservation Corps

Siskiyou Satellite

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January 7, 2005

Tuesday, January 11, 1:30 to 2:30 p.m., Yreka **CCC Director Visits Corpsmember Outdoor Exercise Project at** **Yreka YMCA**

California Conservation Corps Director Will Semmes, appointed to his position by Governor Schwarzenegger last year, will get a first-hand look at a CCC par course project during his first visit to Yreka as CCC director. The project is a three-way partnership between the YMCA, the City of Yreka and the CCC, made possible by the 2000 Park Bond Act and matching funds.

Who: Fifteen corpsmembers from the CCC's Siskiyou Satellite.

What: The corpsmembers are in the initial stages of developing a 12-station par course for the Yreka Family YMCA. Tuesday, January 11 the corpsmembers will be putting in an ADA-accessible trail for the course, using decomposed granite. The course is expected to be completed in 4-6 weeks.

Par courses are designed for outdoor interval training to accommodate community or group fitness. Individual exercise stations are installed at fixed intervals so participants can walk or jog from one station to the next, focusing on exercises involving stretching, balance, agility and strength.

Where: Yreka Family YMCA
350 Foothill Drive, Yreka

When: Tuesday afternoon, January 11, 1:30 to 2:30 p.m.

Contact Tuesday afternoon: Lynda Burkhalter of the CCC.

The CCC's Siskiyou Satellite employs 30 local men and women, ages 18 to 25, for a year of natural resource work and emergency response. They work throughout Siskiyou County and parts of Modoc and Shasta counties. Projects include trail work for the U.S. Forest Service and construction of the Frog Pond for the Siskiyou County Office of Education. During the winter, CCC crews assist the City of Yreka in snow removal from community buildings.

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